



### Daily Living

#### At Home

- Clean and disinfect surfaces.
- Stay informed and in touch locally.
- Prepare a room for household members who have an increased risk for severe illness.
- Wash hands frequently.
- Avoid touching your face.
- Stay home if sick.
- Cover your cough or sneeze.





# Daily Living Errands and Going Out

- Continue to protect yourself
  - ✓ Wear a mask.
  - ✓ Keep hands washed or sanitized.
  - ✓ Practice social distancing.
- Choose outdoor activities to stay 6 feet away from others.
- Check to see if prevention practices are in place at restaurants and/or stores.
- Go during hours when fewer people will be there (early morning or late night).





## Daily Living

#### Errands and Going Out (continued)

- Use visual markings on the floor as a reminder to distance yourself.
- Use disinfecting wipes, if available.
- Avoid touching your face.
- Use touchless payment option, if available.
- Order online or use curbside pickup.
- Use hand sanitizer before and after leaving the store.
- When you get home, wash your hands for at least 20 seconds.



### Daily Living

#### Doctor Visits & Getting Medicine

- Use telemedicine or communicate by phone or email.
- Talk to your doctor about rescheduling procedures that are not urgently needed.
- If in person, protect yourself:
  - ✓ Wear a mask.
  - ✓ Keep hands washed or sanitized.
  - ✓ Practice social distancing.
- Use touchless payment option.
- Call ahead to pick up medicine and use drive-thru or curbside services.



#### More on Masks

#### GUIDANCE ON THE USE OF FACE COVERINGS BY THE GENERAL PUBLIC

- Face coverings should be worn in indoor and outdoor environments and when physical distancing of 6 feet or more cannot be assured.
- Medical and cloth masks are sufficient.
- N95 respirators should be reserved for front-line healthcare workers.
- Your mouth and nose should always be covered.



### Masks Protect Our Children, Too.











